



# March 2010

## Kid's Activity Classes

### Colonial Heights

#### Ages (2-8)



Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<b>12:30</b> Recess (5-8) <b>1:00</b> Surf's Up (4-Up) <b>1:30</b> Jumping Bean (2-4)	<b>9:30</b> Recess (3-5) <b>10:30</b> Music Moves (2) <b>11:00</b> Jumping Bean (3-5) <b>11:00</b> Surf's Up (4-up) <b>4:30</b> Wild Card (6-8) <b>5:30</b> Fast Feet (3-5) <b>6:30</b> Recess (6-8) <b>7:00</b> Surf's Up (4-up)	<b>9:30</b> Fast Feet (3-5) <b>10:30</b> Recess (2) <b>11:00</b> Recess (3-5) <b>4:30</b> Recess (6-8) <b>5:30</b> Jumping Bean (3-5) <b>6:00</b> Surf's Up (4-up) <b>6:30</b> Fast Feet (6-8) <b>8:00</b> Karate (8-up)	<b>9:30</b> Jumping Bean (3-5) <b>10:30</b> Kids in Motion (2) <b>11:00</b> Wild Card (3-5) <b>4:30</b> Recess (6-8) <b>5:30</b> Wild Card (3-5) <b>6:00</b> Surf's Up (4-up) <b>6:30</b> Wild Card (6-8)	<b>9:30</b> Recess (3-5) <b>10:30</b> Music Moves (2) <b>11:00</b> Wild Card (3-5) <b>4:30</b> Wild Card (6-8) <b>5:30</b> Recess (3-5) <b>6:00</b> Surf's Up (4-up) <b>6:30</b> Fast Feet (6-8) <b>8:00</b> Karate (8-up)	<b>9:30</b> Wild Card (3-5) <b>10:30</b> Jumping Bean (2) <b>11:00</b> Kids in Motion (3-5) <b>4:30</b> Wild Card (3-5) <b>5:30</b> Recess (6-8) <b>6:00</b> Surf's Up (4-up)	<b>9:30</b> Recess (3-5) <b>10:30</b> Recess (6-8) <b>11:00</b> Surf's Up (4-Up) <b>11:30</b> Kids in Motion (2-4) <b>4:30</b> Jumping Bean (3-5) <b>5:30</b> Wild Card (6-8)

Don't forget your sneakers!!!



# Class Descriptions

**Kids in Motion:** This activity focuses on agility, coordination, interactive play, imagination, balance and fun. Your child will have the opportunity to enjoy exercise as they run, jump, hop, crawl and more! We include pretend play and use our imaginations as we have fun galloping like a horse, walking like a penguin, and rolling like a cat.

**Jumping Beans:** This activity focuses on balance, hand eye coordination, and energy. Your child will get all their energy out with this exciting class, as they jump and play using hula hoop games, jump rope, hop scotch, and kangaroo sacks. They will also have a chance to manipulate objects and learn about their physical environment as they play with bouncing balls and parachutes.

**Fast Feet:** This activity focuses on cooperation, team work, agility, and balance. Your child will love the variety of incredibly fun races and relays. They will be using objects such as obstacle courses, hula hoops, sack races, and much more.

**Recess:** Your child will love this class as they get the opportunity to play with their favorite recess equipment brought indoors. We will be playing games such as: volleyball, kickball, basketball, jump rope, thunderball, and much more.

**Wild Card:** This class gives your child a chance to taste a little of all our classes. Our deck of "Wild Cards" has every activity performed in all our kids classes. Each child will have a chance to pick a "wild card" and play the activity on the card they chose.

**Music Moves:** This class is filled with music and fun movements. Your child will be singing and dancing to their favorite songs during this class.

**Surf's Up:** Don't forget your child's swim suit during pool play! The pool staff is ready and waiting for your child to splash, swim, and play in the water during our hour pool play.

**Karate:** Our facility offers this traditional martial arts class to provide your child with the opportunity to start Karate, or to start learning and earning their belts.